

## Caregiver Newsletter – July 2013

Hi there,

Hope all is well with each of you. It was so great seeing so many familiar faces this past month at the caregiver tea. Special thanks Heartfields for their hospitality and for all the vendors that shared their time and talents that made for a super relaxing, and fun-filled afternoon. If you could not make it this time certainly hope to see you at future events.

In the meantime lots of other things coming up so mark your calendars!

- Our **monthly family caregiver support group** will meet on Wednesday, July 31 from 1:30 until 2:30. Edi Stewart, LCSW-C will be facilitating. This group is designed for family members and friends who are caring for a loved one over the age of 60 **or** have an early onset dementia.
- The Caregiver Support Program in conjunction with the Frederick Senior Center invites caregivers and the loved ones they care for to **dine out at the center** once a month on a Thursday for a special menu meal. August's meal date is scheduled for the 15<sup>th</sup> and the menu includes: fried chicken dinner, macaroni and cheese, sliced fresh tomatoes, watermelon wedge, hot spicy apple sauce, chocolate cake and milk. For more information, or to sign up, give Deb Ayers a call at 301-600-1048 by August 12.
- **Check out the new hours for the Friendship Cafe!** FriendShip Café will be open at the Frederick Senior Center Wed and Thurs from 11-12 and 12:30 until 1 and Friday 11 a.m. until 1:45 p.m. Light fare at reasonable prices. No reservations are needed and the café will accept cash, check and credit card. Copies of the menu are available at the center. Hope to see you there!
- **RoboCall Scams-** Visit the following site <http://www.today.com/money/robocall-scammers-use-life-alert-swindle-seniors-6C10441574> for information regarding a scam. A good reminder to avoid giving out personal information like Medicare numbers or credit card/bank information to people who call.
- **Mark Your Calendars-**
  - o **Caregiver Workshops in Anne Arundel County-**The Anne Arundel County National Family Caregiver Support Program, is offering two upcoming workshops of interest. The first *Nutrition, Hydration and Medication Management* is being held on Thursday, September 5 from 6:30 p.m. until 8:30 p.m. The second is *Discharge Planning and Palliative Care* and will be held on Thursday, September 19 from 6:30 until 8:30 p.m.. Both programs are being held at the Arnold Senior Center in Arnold, MD. To register, or for more information, call 410-222-4464 x 3043 or visit [www.aacounty.org/aging](http://www.aacounty.org/aging).
- **Brochures Available-** Interested? Let us know and we will pop one in the mail to you. This month check out *Older Drivers* put out by the National Institute on Aging and

*Caring for a Person with Alzheimer's Disease- Your Easy-to-Use Guide* also from the National Institute on Aging.

- **Save the Date- Mark your calendar now** for Saturday, November 9 from 9- 12 for an exciting aging in place event- *adapting to the Future*. More information to follow in the coming months. Watch for it!
- **Have an old cell phone? Looking to donate it to a good cause?** The Department of Aging's Cell Phone Loan Program is in need of old cell phone donations. These cell phones are available free of charge to Frederick County citizen's 60 or older for the purposes of calling 911 only- not for personal outgoing or incoming calls.
- **Alzheimer's Research Opportunity-** We have received information from the National Institutes on Aging and National Institute of Health about a research study for individuals with memory problems. If you have been diagnosed with mild cognitive impairment or early Alzheimer's and you are 60 or older you may be eligible to participate. The research is studying the effects of an investigational drug. For more information please contact 410-350-3941.
- **Children/Grandchildren heading back to school?** Need school supplies? Martha's Table, hosted by Faith Church, will hold a special Back-to-School Table on Sunday, August 11 from 5- 6:30 p.m. where school supplies will be distributed and information about local community programs will be available. Event held at 9333 Opposumtown Pike. Call 240-418-8028. Additionally Faith Community Church serves a free community meal every 2 and 4<sup>th</sup> Sunday from 5- 6:30 p.m. All are welcome to come and eat!
- **Medicare/Medigap Workshops-** The monthly Medicare/Medigap seminars will be held on the following dates. Seating is limited so be sure to reserve your seat by calling 301-600-1605. All workshops begin at 9:30 a.m. at the Department of Aging, 1440 Taney Avenue, Frederick: August 14, August 21

Take care and we wish you well,  
Mary and Mindy